

GREENS+[®] +plusshake[™]

DIETARY SUPPLEMENT

- + nutrient replenishment
- + peak performance[†]
- + lean muscle mass[†]
- + recovery[†]

27G
PROTEIN



RAW VANILLA

meal replacement

WHOLE FOOD BLEND

WHEY PROTEIN + GREEN SUPERFOODS + MULTIVITAMINS

NET WT. 1.5lb (661g)

No other protein delivers the nutrition of a +PlusShake.

+PlusShake is an advanced whey protein powder from grass-fed cows designed to provide 27g of biologically-complete protein and a complex of 100% whole food vitamins and minerals for:

Optimum energy + Superior well-being[†] + Peak performance[†]

FOR MAXIMUM BENEFIT TRY CONSUMING +PLUSSHAKE:

AS A MEAL REPLACEMENT

Drink +PlusShake instead of breakfast or lunch for a healthy, balanced meal replacement. +PlusShake will satisfy you with essential nutrients, help to reduce your daily calories and provide a delicious way to manage your weight.

AS A HIGH PROTEIN SNACK

Drink +PlusShake between meals to naturally increase energy, calorie count and protein consumption. Drink 20 minutes before bedtime to prevent muscle breakdown and preserve lean body mass while you sleep. †

AFTER EXERCISE

Drink 20 minutes after exercise to help build lean muscle and enhance your body's recovery from stress. +PlusShake provides the nutrients required to achieve your health and fitness goals. †

DIRECTIONS: Mix 2 scoops of +PlusShake in 12oz of cold water or your favorite beverage. For a thick, creamy shake, use less water or mix with milk, milk alternative or favorite smoothie recipe.



NUTRITION

Greens+ Advanced Multi raw provides an essential complex of 100% whole food vitamins & minerals



STRENGTH

27g of grass-fed whey protein helps build lean muscle mass & enhance recovery †



ENERGY

Ribose, colostrum & glutamine provide optimum energy, superior well-being & peak performance †



RESULTS

+PlusShake helps you achieve your health and fitness goals so you can live a life fully charged +

BERRY AND RAW VANILLA +PLUSSHAKE

2 scoops +PlusShake Raw Vanilla
1 cup coconut milk
1 cup strawberries
1 banana
Pinch cinnamon
1/2 cup ice



FOR MORE DELICIOUS RECIPES GO TO

www.greensplus.com/recipes



BIOENERGY
RIBOSE
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Supplement Facts

Serving Size 2 Scoops (41g)
Servings per Container 16
Amount Per Serving

%DV*

Calories 170	(Calories from Fat 30)
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	-
Cholesterol 105mg	35%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Total Sugars 2g	-
Protein 27g	54%
Vitamin A 1483iu	30%
Vitamin C 5.6mg	9%
Vitamin D 295iu	74%
Vitamin E 39iu	130%
Vitamin K 49mcg	61%
Thiamin 2.7mg	180%
Riboflavin 3.4mg	206%
Niacin 3.3mg	18%
Vitamin B6 1.6mg	80%
Folate 60mcg	15%
Vitamin B12 117mcg	1950%
Biotin 1mcg	<1%
Pantothenic Acid 2.6mg	26%
Calcium 340mg	34%
Iron 5mg	28%
Phosphorus 99mg	10%
Iodine 46mcg	31%
Magnesium 37mg	9%
Zinc 300mcg	2%
Copper 100mcg	5%
Manganese 400mcg	20%
Chromium 167mcg	139%
Molybdenum 199mcg	265%
Chloride 46mg	1%
Sodium 260mg	11%
Potassium 160mg	5%

Amount Per Serving %DV*

Peak Performance Protein Blend 32g †

Whey Protein Concentrate (rBGH Free)

Greens+ Advanced Multi Raw 3g †

Superfood MultiVitamin Blend

(Organic Wheat Grass, Organic Barley Grass, Organic Alfalfa Grass, Organic B Complex, Vitamin E, Organic Red Beet, Vitamin D3, Vitamin E.)

Sunflower Lecithin

Sea Vegetable MultiMineral Blend

(Algae Calcium, Spirulina, Chlorella, Fulvic and Humic Acids, Organic Dunaliella Salina, Organic Dulse.)

High-ORAC Antioxidant Fruit Extracts

(Organic Apple Fiber, Camu Camu, Grape Seed Extract, Bilberry.)

Standardized Herbal Extracts

(Milk Thistle Seed, Ginseng Siberian Root, Astragalus Root, Licorice Root, Green Tea Extract.)

Dairy-Free Probiotic Cultures

GREENS+ ENERGY BLEND 2g †

L-Glutamine, D-Ribose, IgG-Rich Bovine Colostrum.

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients:

Natural Flavors, Guar Gum, Calcium Caseinate, Pink Himalayan Salt, Stevia Extract.

Formulated & Distributed by:

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.